



# New Course Available!

## Placer County Smoking Cessation Class

First steps may be hard, but finding your path to a smoke free life is easier with the right help. This six week course will help those wishing to quit smoking build a support system and create a successful quit plan. Let us help you with your journey to becoming smoke free.

### Course Details

Monday, Oct. 1, **9**, 15, 22, 29, Nov. 5 | 12 PM to 1 PM | Training Room 1, Auburn

Note: October 9 is a Tuesday, as Monday October 8 is Columbus Day.

### To Reserve Your Seat

Contact: Alex Wride | [awride@placer.ca.gov](mailto:awride@placer.ca.gov)

### Course Instructors

Alex Wride and Cassie Call, MS (Health Educators for the Placer County Tobacco Prevention Program; Certified to teach tobacco cessation through the American Lung Association)